



Suggested Uses for the PFT Overview Packet Materials

Document	Description and Audience	Suggested Uses	Suggested Distribution Dates
Questions and Answers About the Physical Fitness Test (pages 5-8)	Provides answers to questions frequently asked by school district and school test coordinators responsible for the administration of the PFT	<ul style="list-style-type: none">• Distribute copies at PFT administration training workshops• Distribute copies through school district mail	Prior to and during PFT testing
2006-07 Physical Fitness Test Reference Guide (pages 9-18)	Contains descriptions and suggestions to assist school staff with the proper administration of the PFT	<ul style="list-style-type: none">• Distribute copies at PFT administration training workshops• Post on the school district Web site	Prior to and during PFT testing
Parent and Guardian Guide to the PFT and Family Fitness (pages 19-20)	Provides an overview of the PFT and includes: 1) a summary of the 2005-06 state results, 2) answers to key questions, and 3) a list of family fitness activities and fitness-related Web sites	<ul style="list-style-type: none">• Distribute copies at parent/guardian information meetings• Attach copies to student reports of results	Following PFT testing
Parent and Guardian Guide to the PFT and the <i>FITNESSGRAM</i> ® (pages 21-22)	Provides a comprehensive description of the six areas of the <i>FITNESSGRAM</i> ® and details the test option(s) available for each area	<ul style="list-style-type: none">• Distribute copies at parent/guardian information meetings• Attach copies to regular communications to parents and guardians (e.g., weekly home packets, PTA communications, school/home newsletters)	Prior to and during PFT testing
Sample Newsletter Insert (page 23)	Contains concise information about the PFT that can be used as an insert for school district and school newsletters	<ul style="list-style-type: none">• Insert items in school district and school newsletters• Post on the school district Web site	Prior to and during PFT testing
Physical Fitness Test Web Site Resources (page 24)	Outlines a list of Web sites designed to assist PFT test coordinators in accessing important resources related to the PFT administration and results	<ul style="list-style-type: none">• Distribute copies at PFT administration training workshops• Post on the school district Web site	Prior to, throughout, and following PFT testing
Physical Fitness Test: Program Overview 2006-07 (pages 25-41)	Contains a slide presentation designed to be used to introduce school boards, administrators, school staffs, parents and guardians, or community members to the PFT	<ul style="list-style-type: none">• Use at workshops and meetings with school boards, administrators, school staffs, parents and guardians, or community members	Prior to and during PFT testing